



TOWN OF HAMBURG

THE PRIMETIMES

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Hamburg Senior Services Dept., 4150 Sowles Rd., Building H, Hamburg, NY 14075

SUPERVISOR

Patrick H. Hoak

COUNCILMEN

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Kathleen C. Hochul

Joan A. Kesner

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John H. Farrell

Director of Senior Services

Senior Citizens Supervisor

Barbara Scheffler

Recreation Specialist

April 2004
646-0665

FREE TAX ASSISTANCE

FOR SENIORS 60+

Trained volunteers will help Senior Citizens of low and moderate income at the locations listed below. Please bring your copy of 2002 taxes and the forms for 2003 you received in the mail. Federal, State and IT214 forms will be prepared.

LILLY SENIOR HOUSING

36 Arthur Ave., Blasdell

Mondays, 9:30 am - 1:30 pm

Through April 12

LACKAWANNA SENIOR CITIZEN CENTER

230 Martin Road, Lackawanna

Tuesdays, 9:30 am - 1:30 pm

Through April 13

LAKE SHORE PUBLIC LIBRARY

Lake Shore Rd., - Route 5

Wednesdays, 1:00 pm - 4:00 pm

April 7

HAMBURG VILLAGE HALL

100 Main Street, Hamburg

Thursdays, 9:00 am - 3:00 pm

Through April 15

BUDGET CLUB

The cut-off date for ordering April's budget club groceries is Monday, April 5, 2004 at 4:00 P.M. Food will be distributed for pre-registered individuals on Wednesday, April 28, 2004 at the Hamburg Community Center from 11:30 A.M. - 3:00 P.M.. The tentative list for April is pork chops, chicken thighs, ground turkey, ground beef, sliced American cheese, frozen peas, apples, onions, applesauce, sliced carrots, chunk white meat chicken, macaroni & cheese, corn muffin mix, and orange juice.

DON'T BORROW TROUBLE SEMINAR

The Buffalo "Don't Borrow Trouble" (DBT) Project is a multi-faceted project that deals with the issue of predatory and/or abusive lending practices and helps to stop foreclosures that are the result of abusive lending practices. Predatory lending is generally defined as abusive or illegal lending practices or loan terms that are used to strip home equity from homeowners and make loans unaffordable - which leads ultimately to foreclosure. **Predatory lending is targeted to neighborhoods with high concentrations of seniors because they have built up equity in their homes and/or have paid in full for their homes.** Buffalo Urban League Inc. is sponsoring this seminar on Thursday, April 15, 2004 at the Town of Hamburg Senior Services Building; 4150 Sowles Road, Hamburg. The seminar will begin at 10:30 am in the classroom. Pre-registration is necessary; register by calling 646-0665.

NEW EXERCISE CLASS AT LILLY HOUSING

SPRING IS COMING!!! A NEW EXERCISE PROGRAM IS COMING TO BLASDELL TOO!!! That's right, on Tuesdays, Lilly Housing in Blasdell will begin a latex stretch band class, starting at 12:25 pm. (Please note that the time may change to 11:30 am, if most of the group is in favor or it). This will be a 30 minute program with an on-site instructor. Contact Kim Cox at 827-0245 if you are interested.

AEROBIC PROGRAMS

Strong ABS & Back - Tuesday and Thursday, 8:00 am - 8:30 am. This class is designed for the person on the go. Thirty quick minutes of abdominal and back exercises with stretching at the end. It is the best way to start your day. Fees are \$10.00 per month for residents and \$15.00 for non residents.

SilverSneakers Class - The Town of Hamburg Senior Services offers the signature SilverSneakers Class, Muscular Strength and Range of Movement on Mondays and Wednesdays from 11:30 am - 12:30 pm; also available on Tuesdays and Thursdays from 10:30 am - 11:30 am. The group exercise class focuses on cardiovascular health, muscle strength, balance, coordination and conditioning and is proven to improve participants activities for daily living and reduce health care costs. The class is appropriate for a wide range of fitness levels. These classes are free of charge to members of Independent Health's Encompass 65 program. Others may participate in these classes for a fee of \$20.00 for Town of Hamburg residents; \$25.00 for non-residents.

Pilates - Tuesday and Thursday, 8:40 am - 9:25 am. Using the methods of Joseph Pilates, this exercise class will explore the Pilates mat exercises and build a stronger, more flexible you. The exercises concentrate on the abdominals, back and hips, keeping your bones strong, your stride long, and your back healthy. Fees are \$16.00 for residents per month and \$21.00 for the month for non residents.

Aerobics & Exercise Class - The Senior Services Department sponsors an Aerobics and Exercise class, especially designed for older adults. Classes are held in the Aerobic Room at the Senior Services Building. Sessions are monthly. Participants have a choice of two days per week or three days per week. Classes are available on Mondays, Wednesdays, and Fridays from 9:00 am- 10:00 am or 10:15 am- 11:15 am; Tuesdays and Thursdays classes are available at 9:30 am- 10:30 am. The fee for 2 days per week is \$17.00 for the month; 3 days per week is \$25.00 for the month. Call the Senior Services Department at 646-0665 for applications and further information.

OPEN SWIM PROGRAM

The Town of Hamburg Senior Services Department sponsors an open swim program for older adults. The pool is utilized for such purposes as pool walking, stretching, flexibility and leisure swimming. The pool is 20 feet by 18 feet with a maximum pool depth of 4'8". Water temperature is kept at 90 degrees. The hours Monday thru Friday: 8:30 am - 9:30 am and 3:30 pm - 4:30 pm. The fee for Town of Hamburg residents is \$10.00 per month, for non-residents the fee is \$15.00 per month.

BLOOD PRESSURE TESTING

Is provided at the Senior Services Building from 11:30 AM - 1:30 PM and will be held in the classroom. This month's date is Thursday, April 22, 2004.

MEALS ON WHEELS OF BUFFALO AND ERIE COUNTY

Is in urgent need of volunteer drivers and servers to deliver meals to elders in Blasdell and Hamburg. If you are available between the hours of 11:00 A.M. and 1:00 P.M. one day per week or can serve as a substitute, please call our Volunteer Department at 822-2002 for more information. Please help us help our neighbors in providing this much needed service

TELEPHONE ASSURANCE PROGRAM

The Town of Hamburg Senior Services Department is a sponsoring agency. The Telephone Assurance Program (TAP) serves Seniors throughout Erie County who live alone and who need a friendly call to check on their well-being. TAP is funded by the Erie County Department of Senior Services and New York State Office of the Aging and is administered by Coordinated Care. For further information on becoming a TAP member or a TAP volunteer, contact local TAP Coordinator, Eleanor Granica at 646-0665, or the TAP office at 858-2386.

POOL PROGRAMS

Aqua Strength - Tuesday & Thursday, 2:30 pm - 3:30 pm. Using the water as our resistance and adding Pilates, this class is designed to add strength for the whole body especially the CORE which are the muscles of the back, stomach and the hips. Fees are \$20.00 for 2 days per month; non residents \$25.00.

Aqua Aerobics - This program uses a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve flexibility, muscle strength and endurance. The warm water and gentle movements can also help to relieve pain and stiffness, maintain range of motion and may prevent further joint damage from arthritis. Sessions are at 10:00 am, 11:30 am, and 1:00 pm Monday - Friday; 2:30 pm Monday, Wednesday and Friday only. Pre-registration is necessary. Participants may choose from 2 or 3 day per week classes on various days and time slots. Fees are based on monthly sessions and range from \$30.00 for a 3 day per week session for Town of Hamburg residents; \$38.00 per month for non residents to 2 day per week session for a fee of \$20.00 for the month for a Town resident; \$25.00 for a non-resident.

CLUB NOTES

ATHOL SPRINGS - Meetings are held on Monday evenings beginning at 6:30 P.M. at the Senior Services Building, 4150 Sowles Rd.

HAMBURG SENIOR CITIZENS - Meet each Tuesday and Thursday afternoon at the Hamburg Community Center, 107 Prospect Avenue in the Village of Hamburg. Meetings begin at 1:00 PM.

WANAKAH SENIOR CITIZENS - Meet on Tuesday evenings at the Cloverbank Elementary School. Doors open at 6:30 P.M. Meetings begin at 7:00 P.M.

FRONTIER GOLDEN AGERS - Meet on Tuesdays, at the Harry Clifton Post, 74 Lake Ave. in Blasdel. Meetings begin at 7:00 P.M.

THURSDAY BLASDELL SENIORS - Meet at the Harry Clifton Post, 74 Lake Ave., in Blasdel each Thursday afternoon beginning at 1:00 P.M.

SOWLES ROAD SENIORS - The Sowles Road Seniors meet at the Hamburg Senior Services Building each Friday afternoon at 1:30 PM.

SILVERSNEAKERS I EXERCISE PROGRAM

Independent Health and the Town of Hamburg Senior Services are committed to helping you age happily with the SilverSneakers Fitness Program, an innovative exercise program specifically designed for the unique health and physical needs of Independent Health's Encompass 65 program. Eligible members receive a basic fitness facility membership where they can enjoy specialized low-impact SilverSneakers fitness classes, use of fitness room, and therapeutic pool. Certified SilverSneakers fitness instructors will teach classes at the Hamburg Senior Services Building. Eligible members of Independent Health's Encompass 65 program are encouraged to visit the Hamburg Town Senior Services Department during normal business hours to enroll in the SilverSneakers Fitness Program. All you need to do is present your Independent Health member ID card to the Town of Hamburg Senior Services fitness facility to participate.

VOLUNTEERS NEEDED

Are you looking for a rewarding, satisfying experience? Would you like to help seniors in your community to stay active and healthy? Are you looking for Fun, Excitement, Fulfillment, and Friendships? If you currently have a special talent that you can share, or would like to develop new talents, volunteering at the Hamburg Adult Day Program might be a great opportunity for you. We provide training. Contact Randy Hoak at 646-0255 if interested.

HEALTH INSURANCE INFORMATION & COUNSELING ASSISTANCE PROGRAM (HIICAP)

WHAT CAN HIICAP DO FOR ME? TRAINED VOLUNTEERS WILL PROVIDE:

* One-on-one counseling - by appointment only!

- Unbiased information and assistance regarding Medicare.
- Medicare Supplement Policies (Medigaps) & Long Term Care Insurance.
- Confidential assistance with claims filing.
- Referrals to appropriate agencies including legal assistance.

Counseling available through the Erie County Department of Senior Services. A representative will be available at the Hamburg Senior Services Building at 4150 Sowles on **WEDNESDAYS** from 9:00 a.m. to 12:00 p.m. Please call the office at 646-0665 to make an appointment.

LITE'N UP

The Town of Hamburg Senior Services and Nutrition Dynamics are co-sponsoring a nutrition program called **Lite'n Up**. This dynamic 11 week program taught by a Registered Dietitian, starts Friday, April 23. **Lite'n Up** is an award winning, upbeat, life-changing program that empowers you to make lifestyle changes for a leaner, more energetic, healthier body. Each week a new topic is introduced, preparing your mind and body for a new you: +Psychology of Eating +Positively Positive +Metabolism Makeover +Get Your Motor Running +Be a Fat Detective +Fighting Back with Fiber +Creating Magical Meals +Breaking Old Habits +Cooking Lite'n Easy + Dis-Stress is Drivin' Me Crazy +Dining Out Lite'n Delicious +Surviving Holiday Parties. Classes will be held at the Hamburg Senior Center, Bldg. H, 4150 Sowles Rd. (must be 60 or over to participate). Program will be held on Fridays from 10:00 AM - 11:30 AM. Free or discounted to members of most insurance plans. **To register or to find out if your health insurance participates call Nutrition Dynamics at 633-5577. Please have your insurance card ready.** Do not call Hamburg Senior Services to register

WANAKAH SENIORS

Have openings on the following trips:

Tuesday: June 15 - Geritol Follies

Tuesday: August 10 - Grand Lady Boat Ride

Tuesday: August 17 - Canadian Mystery

Tuesday: August 24 - Artpark "A Chorus Line"

Tuesday: October 12 - Fall trip - Train ride - includes luncheon

For information call Gert Christ at 627-7806.

ADULT DAY CARE PROGRAM

The Town of Hamburg Senior Services Department administers an Adult Day Care Program at 353 Pleasant Ave, Hamburg. The program is open from 9:00 A.M. - 5:00 P.M., Monday - Friday; summer hours are 9:00 A.M. - 4:30 P.M. The Hamburg Adult Day Care Program offers assistance to Caregivers who work or need relief from their daily demands of providing care. The program includes meaningful programs, case supervision, meals, fitness programs and assistance with personal care. The Adult Day Care Program is open to individuals who are unable to attend traditional Senior Center Programs. Participation will not be limited to just Town of Hamburg residents. Those living in other towns are welcome to join. Full days and half days are available. For further information call the Town of Hamburg Adult Day Services at 646-0255.

PACE PROGRAM

The Town of Hamburg Senior Services Department and the Arthritis Foundation of WNY sponsors a PACE Program. PACE stands for "People with Arthritis Can Exercise." It is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. It also helps increase overall stamina. Through the recreational and socializing aspects of PACE, the program can help reduce pain, stiffness, and feelings of isolation and depression. Classes are held on Mondays and Wednesdays from 2:15 - 3:15 P.M. at the Senior Services Bldg. Sessions will be limited to 20 individuals. The fee for each month session is \$20.00. Those registering must have their physician's consent. To register for this session contact Senior Services at 646-0665.



VAN SERVICE

The Town of Hamburg Senior Services Department, operates various vans to transport those 60 years of age and older to their various appointments. The fee is \$5.00 per round trip within Hamburg and \$8.00 - \$12.00 per round trip outside the Town of Hamburg depending on distance. Appointments must be made 24 hours in advance by calling 646-1666. Doctors appointments can be made one week in advance.

BUDGET CLUB

The Budget Club is designed to help households stretch funds to buy nutritious foods. Each month's bag contains quality protein items and other nutritious food to make well balanced meals. Clients can purchase the bag for \$15.00, with either cash, or a check. At the end of the month, the client receives a bag of food which, due to volume buying, has a retail value of approximately \$25.00. Once each month participants register at the Town of Hamburg Senior Services Department. Later in the month the pre-registered participant picks up his/her food package(s) on distribution day, at the Hamburg Community Center, 107 Prospect Ave, Hamburg. One food unit consists of approximately 12 - 15 food items, fresh fruit and vegetables, meats and grocery staples. Each month the food package will vary. For further information, call 646-0665.

WHEELCHAIR VANS

The Town of Hamburg operates wheelchair vans for any person in the township confined to a wheelchair. This service operates 5 days per week, Monday - Friday (except Holidays). Appointments must be made 24 hours in advance by calling 646-1666. Doctors appointments can be made one week in advance. The fee for this service is \$20.00 - \$30.00 per round trip depending on distance.

ARE YOU O.K.?

When people find themselves alone or in questionable health, a daily call to confirm their well-being is reassuring. But, it may be difficult for friends, relatives and organizations to maintain consistent and reliable, daily contact. The "Are You O.K.?" system makes it possible for any organization to check on an individual in the home. A call is automatically made at the same time each and every day of the year by a Computer System through the Town of Hamburg Police Department. For further information on applying for this free service, contact the Town of Hamburg Senior Services Department at 646 -0665.

CARBON MONOXIDE DETECTORS

Carbon Monoxide Detectors are available to you through the Erie County Environmental Education Institute, Inc. at the cost of \$25.00 each. Brochures and applications are available at Hamburg Senior Services. If you have questions or concerns about carbon monoxide and live in Erie County, call the Carbon Monoxide Hotline at 858-6100.

SOUTHTOWNS PULMONARY SUPPORT GROUP

Meets the first Wednesday of each month at The Town of Hamburg Senior Services Building, located at 4150 Sowles Rd, Bldg. H. Time: 1:30 P.M. - 3:30 P.M.. Ideal for those affected by emphysema, asthma, chronic bronchitis, or any chronic disease of the lungs. Spouse and family members invited. Please call Sharon Phillips at 681-2242 for more information.

SOUTHTOWNS CHAPTER 1221 (NARFE)

The National Association of Retired Federal Employees Chapter meets every second Thursday of each month (except July, August and December) at 1:00 P.M. at the Senior Services Dept., 4150 Sowles Rd., Building H. For further information call Edward Bartz at 649-0517.

RED CROSS BLOOD PRESSURE

Blood pressure screenings will be available to everyone, free of charge, on the third Thursday of each month at 10:00 A.M. - 11:30 A.M., through the American Red Cross, at 5161 Camp Road, Hamburg, N.Y. Pressures are taken by nurses in the downstairs Donor Room.

A.A.R.P. CHAPTER #1523, HAMBURG:

April 6 - Board of Directors Meeting, 200 Prospect Avenue, at 11:00 A.M., Social at 1:00 P.M., 4150 Sowles Rd., Bldg. H

April 13 - General Meeting, Hamburg Town Hall, S-6100 South Park Avenue at 1:30 P.M.

April 20- Pot Luck Social - Wayside United Presbyterian Church, S-5017 Lakeshore Rd. at Amsdell - 12:30 P.M.

RED CROSS LOAN CLOSET

A loan closet is located at the Red Cross South Town Service Center, 5161 Camp Road. Sickroom aids are loaned free of charge for a period of 30 days. Items which may be borrowed are hospital beds, sterilized mattresses, canes, wheelchairs, commodes, crutches, walkers, etc. For information on borrowing an item from the loan closet, call the Red Cross at 648-4400 between 1:00 P.M. and 4:00 P.M., Tuesday, Wednesday, and Thursday. Calls to the office during non-office hours are recorded on a machine and the call will be returned as soon as possible.

NUTRITION PROGRAM

Hot, well-balanced meals are available to those 60 years of age and older at three locations in the Town of Hamburg. Reservations must be made one week in advance in order to receive a meal. Contribution is \$2.25 for the meal. Listed below are the three locations:

Blasdell - Lilly Housing, 36 Arthur Ave., Blasdell, Kim Cox, 827-0245; 9:00 A.M. - 1:00 P.M. Meals are served at 12:00 PM.

Hamburg - Creek Bend Heights, 25 Buffalo St., Hamburg, Carolyn Reilly, 648-2414, 9:30 A.M. - 1:30 P.M. Meals served at 12:00 PM.

Sowles Road - Senior Services Building, 4150 Sowles Rd., Building H, Deborah Dietrich, 646-0096; 9:00 A.M. - 1:00 P.M.; meals served at 12:00 P.M.

55 ALIVE/ DEFENSIVE DRIVING

The Town of Hamburg Senior Services Department sponsors Defensive Driving Courses for those 50 years of age and older. Four courses per month are held at the Town of Hamburg Senior Services Building. The dates for April are: April 6 & 7, 9:30 A.M. - 2:00 P.M., April 12 & 13, 6:00 P.M. - 10:00 P.M., April 21 & 22, 9:30 A.M. - 2:00 P.M. and April 27 & 28, 6:00 P.M. - 10:00 P.M. Those completing the course qualify for a discount of up to 10% for 3 years on their automobile liability and collision insurance and a 4 point reduction on their driver's license for accrued moving violations. Pre-registration is necessary and available through the Senior Services Department located at 4150 Sowles Road, Building H. For further information, contact the Senior Services Department at 646-0665.



CRAFT PROGRAMS:

CERAMICS - Held every Tuesday from 1:00 P.M. - 3:00 P.M. at the Senior Services Building. Class fee is \$1.00 per session. Paints included in course. Brushes and greenware can be purchased through classroom.

PAINTING CLASS - 5 week course held every Tuesday from 9:00 A.M. - 11:30 A.M. at Lilly Housing, 36 Arthur Ave., Blasdell. Course fee is \$6.00. Painting includes wood plaques, sweatshirts, etc. Open to Town of Hamburg Residents, 60 years and older. Call 827-0245 for more information.

Support Groups

THE WILLOW'S

(Widow's Support Group)

Date: Sunday, April 18, 2004
Time: 1:30 P.M.
Place: Senior Services Building,
4150 Sowles Rd., Bldg. H
Facilitator: Jenny L. Osburn, RN

The **WILLOWS** is for ladies who are experiencing the loss of their husbands. The group provides an opportunity to gain caring support from others who have similar feelings and concerns. As life situations change, women can make friends and develop the courage to live alone. The **WILLOWS** is open to Widows, 60 and over, who reside in Hamburg or the Southtowns.

***NEW MEMBERS ARE WELCOME!
JOIN US!***

FAMILY CAREGIVERS SUPPORT GROUP

Date: Monday, April 12, 2004
Time: 7:00 P.M. - 8:30 P.M.
6:30 P.M. - 7:00 P.M. for Newcomers
Place: Town of Hamburg Adult Day Services,
353 Pleasant Ave.
Facilitator: Jenny L. Osburn, RN
Have you been feeling frustrated, guilty, angry, grieved, depressed or unsure of yourself as a caregiver? You are not alone! This is a safe environment to vent your feelings and learn more ways of coping with others who understand.

COMPLIMENTARY CARDS

A photo I.D. card entitling elderly, aged 65 years of age and older, to reduction in goods, services and bus fares. You may obtain a card in April, Monday through Friday, at the Rath Building, 95 Franklin Street, Room 1300, 9:00 A.M. - 2:00 P.M. Also, photo I.D. cards are available for all Erie County residents aged 62+

SENIOR GOLFERS

The annual meeting of the Hamburg Senior Golf Club will be Tuesday, April 20, 2004 at the Clifton Legion Post on 74 Lake Ave., Blasdell, NY. The meeting will start promptly at 10:30 AM. There is plenty of parking on Arthur Ave. behind the post. We will sign up and collect dues at that time. The dues will be \$9.00 per person. A question and answer period will be available.

HEALTH MAINTENANCE PROGRAM

The Senior Health Maintenance program operates in the Fitness Center at the Senior Services Building, 4150 Sowles Rd., Bldg H.; corner of South Park and Sowles Rd. The Health Maintenance Program operates in a fully equipped fitness wing. The program has purchased, through Town of Hamburg Community Development Block Grant Funds; treadmills, motivational bikes, recumbent bikes, rowing machine, elliptical trainers, motivational steppers, stomach and back machines and a multi station universal gym. There is a nominal fee of \$15.00 per month for Town Residents; \$20 per month for non-residents per person for the use of the fitness center. Staff will be available for instruction on the use of the equipment Mondays - Friday January through May, from 8:00 A.M. - 5:00 P.M.; June through August from 7:00 A.M. - 3:00 P.M. and September through December from 8:00 A.M. - 5:00 P.M. For further information call the Senior Services Department at 646-0665.

HAMBURG SENIOR CITIZENS TRAVEL CLUB

The Town of Hamburg Senior Citizen Travel Club will hold its April meeting on Friday, April 16, 2004 at 1:30 P.M. at Hamburg Town Hall. For further information call Marilyn at 649-4405; Shirley at 655-1271 or Jean at 649-2529.

The Travel Club has openings for the following trips:

April 24 - Kleinhans Music Hall - Marvin Hamlish - pre concert dinner at Chef's Restaurant

May 1 - The Golden Isles of Georgia - Jekyll Island, St. Simons Is., Okefenokee Swamp, Boat Cruises

May 26 - Wed. Lancaster Opera House - musical comedy "The Over the Hill Gang". Post show dinner at Ripas Restaurant

June 7, 8, 9 - Akron, OH. - sleep in an old Quaker Oats Silos, Brandywine Falls, Classic Car Museum & more!

June 26 - Sat. Bill Cosby at Chautauqua Institution - Pre-show dinner at famous Atheneum Hotel.

Information and reservations call: 649-4405 or 655-1271

GROCERY SHOPPING VAN

Transportation for grocery shopping has been added to our service specifically for this purpose at a cost of \$4.00 per person round trip. The van operates on Tuesdays and Thursdays beginning at 9:00 A.M.. Please call the dispatch office at 646-1666 to schedule an appointment for this service.